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Alberta **Raise the Tankard!**

TODD KOROL/REUTERS

Alberta skip Kevin Martin, left, and rink John Morris, Marc Kennedy and Ben Hebert hoist the Brier Tankard trophy after they defeated Manitoba during the final game of the Tim Hortons Brier last night at the Pengrowth Saddledome. Story, pg 6

Anti-racism group plans rally against neo-Nazis

JENNIFER HILLIKER
at Metro Calgary

When Rahul Bali started high school in Calgary in 2004, he couldn't believe some Canadians were so ignorant about people from other countries.

He couldn't understand why his peers thought people from India couldn't speak English, but he laughed it off.

This Saturday, he will be laughing it off again as an Alberta-based white supremacist group known as the Aryan Guard rallies at city hall.

"Over time, they will realize how they are reducing their own boundaries and possibility to be flexible in society," Bali said.

The Calgary Anti-Racist Action group (of which Bali is not a member) plans to counter-protest, saying Calgary will not tolerate racism or white supremacist groups. The anti-racism group intends to be non-violent, but confrontational.

"These people should not be getting a free ride in Calgary," said Jason Devine, a spokesperson for the anti-racism group.

"We never call on people to physically assault the Aryan Guard, but we say don't be afraid to confront them if you feel safe and you have the numbers. All they do is engage in violence. These people are a threat to the community — let them know they're not accepted here."

Last year on the same day, over 200 anti-racism protesters confronted 40 Aryan Guard supporters, says Devine. It ended with police forced to bring in a school bus to safely escort the neo-Nazis from the scene.

Members of the Aryan Guard did not reply to interview requests by Metro's deadline, but their website says the march is not intended as discriminatory towards any group, and is intended to promote a celebration of their European culture, heritage and ancestry.

They are also banning members from bringing Nazi paraphernalia or discriminatory signs and consuming alcohol at or prior to the event.

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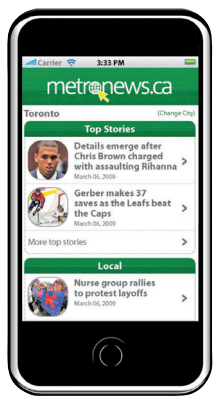

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Riding the **Recession**

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Comment & Views
- **Wise words for rough times from Anne Hines, pg 4**

Tomorrow
- **How musicians and music labels are dealing with the economy.**

TAX TIP #18

Find out about the Children's Fitness Tax Credit

If you are the parent of a child who was under 16 in 2008, you may be eligible to claim the Children's Fitness Tax Credit.

This tax tip brought to you by Alberta's Chartered Accountants.
To see all 56 useful tax tips please visit:
www.albertaCAs.ca

CA Chartered Accountants of Alberta

The Institute of Chartered Accountants of Alberta provides tax tips on an annual basis as a public service. The tips are intended to be used as general guidance. For specific advice about filing your 2008 tax return, please consult with the Canada Revenue Agency or your personal tax professional.

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

Park and Ride lots now charging $3 fee
Starting today, Calgary Transit is charging a $3 daily fee to park in the Park and Ride lots at Somerset-Bridlewood, McKnight-Westwinds and Dalhousie stations, with other stations to follow in coming months. METRO CALGARY

Local

$40M for army bases

The Federal government announced yesterday in Edmonton they will invest $40 million in infrastructure for three Alberta military bases. Defence Minister Peter MacKay announced the funding set to benefit the Edmonton Garrison, CFB Wainwright and 4 Wing Cold Lake bases. METRO CALGARY

Calgary Tower given a green light

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Calgarians might notice the city is glowing green — literally.

In celebration of the conclusion of Alberta's project Porchlight campaign, the Calgary Tower's lights have been changed into green-coloured compact fluorescent light (CFL) bulbs.

"The Calgary Tower is an icon and the fact they are leaders is great," Francis Kierstead of One Change said of the change.

One Change donated the CFL bulbs that will ultimately save the Calgary Tower $12,000 in energy savings and stop 104 tonnes of greenhouse gas emissions from being released into the air.

Kierstead said 4,000 volunteers celebrated the end of the campaign yesterday, including Alberta Environment Minister Rob Renner.

"All Albertans have a role to play when it comes to the environment," Renner said.

ROBIN KUNISKI / FOR METRO CALGARY

Jessica Holmstrom sits in the driver's seat of her dream car while her friends Annette Guercio and Becky Loos look on. The Audi A5 was one of many beautiful cars at the 2009 Calgary Auto show.

Brier brakes car show

Guests down, but expo in good shape: Rep

JENNIFER HILLIKER
for Metro Calgary

Calgary's Auto Show was hit by the Brier and not by the economy this weekend, according to the show's manager.

Attendance at the show, which showcases the latest car models for auto aficionados, was down roughly 12 per cent from last year.

"The Brier is obviously a huge event that stole the limelight from the auto show," said show manager Jim Gillespie. "It presented some parking challenges for our clients."

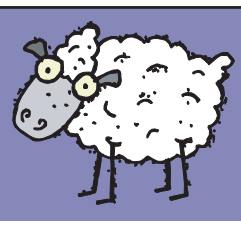
Compared to a 30 per cent decrease at auto shows this year in Toronto and Montreal and a cancelled Ottawa show, Gillespie said Calgary is in pretty good shape.

Calgary real estate agent Ron Smith proved Gillespie's point, and local tanning salon owner Linda Palfi backed it up too — both were on the hunt for a new high-end car.

"It's a quick and dirty way to look at a bunch of vehicles in one go and compare," said Smith, who is considering buying a $350,000 Bentley this year. Palfi said her purchase will be much more modest, as she's looking to purchase an Audi from $60,000 to $100,000 when her current car's lease runs out.

About 55,000 people attended the show at Stampede Park.

CAN'T STAY ASLEEP?



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News in brief

SAFETY Recommendations for safety changes on Deerfoot Trail go before council this week. The contentious suggestions include installing speed cameras on the high-speed road at the cost of $240,000. The recommendation is just one of several contained in a draft of the Deerfoot safety audit's final phase.

PROTESTS Six pro-life University of Calgary students are expected to enter a not-guilty plea today in courts after being charged for trespassing on the university campus. The university slapped the students with the charges after they refused to turn graphic posters comparing genocide with abortion inward. Calgary lawyer Stephen Jenuth will be representing the students. METRO CALGARY

metronews.ca
What's online today.

Video Protesters plan to give George W. Bush frosty welcome at **metronews.ca**

Lotteries

Friday, March 13
Lotto Super 7: 6, 15, 18, 24, 35, 36 & 46. Bonus 17.
Saturday, March 14
Lotto 6/49: 4, 11, 13, 16, 41 & 45. Bonus 35.

More bloodshed in Sudan
Heavily armed fighters have killed more than 200 people in raids on villages in South Sudan, where bloody tribal disputes over cattle are jeopardizing peace efforts in the oil-rich region, officials said yesterday. **REUTERS**

Canada/World

Crash victims found

Remote-operated vehicle reaches sunken helicopter

Between 10 and 13 bodies have been found inside the wreckage of a sunken helicopter that crashed off the coast of Newfoundland.

One of the newly discovered bodies has been brought to the surface and is now onboard the Atlantic Osprey supply ship, Transportation Safety Board officials told reporters at a press conference yesterday.

Lead investigator Mike Cunningham said a remote-operated vehicle equipped with a mechanical arm was able to lift the body from the crash site into a basket that was then lifted to the surface. The identity of the body is not yet known.

He said the number of bodies found in the wreckage is preliminary.

"There could be more. We have to begin a recovery of the wreckage to know for sure," Cunningham said, adding there has been a substantial delay since the discovery of the first body. He could not say what caused the delay, but noted search crews must work through what he called "quite a mess down there."

The lone survivor, Robert Decker of St. John's, N.L., remains in hospital in critical but stable condition.

TORSTAR NEWS SERVICE

Bolivian president hands land to country's poor

Emboldened by a new leftist constitution, Bolivian President Evo Morales Saturday handed over ownership of farmland seized by the state from wealthy estate holders to poor indigenous people.

Morales handed out around 94,000 acres of lands recently confiscated from five big ranches in Bolivia's wealthy eastern lowlands, a stronghold of his conservative political opponents.

The ranchers have been accused of employing workers in conditions of semi-slavery.

"Private property will always be respected, but we want people who are not interested in equality to change their thinking and focus more on country than currency," said Morales, flanked by military and police personnel.

Among those who lost land was U.S. cattleman Ronald Larsen, who has emerged as a key opponent of the Morales government's land reforms, which are designed to distribute more of the nation's riches to poor indigenous peoples.

Larsen and other ranchers who had threatened to block the handover of their lands can still appeal the expropriations before agrarian courts.

REUTERS

Montreal **Protest turns violent**

CHRISTINNE MUSCHI/REUTERS

Police made roughly 50 arrests yesterday in Montreal as protesters rallied against police brutality. Skirmishes erupted as protesters lit garbage cans on fire and threw things such as bricks, bottles and food at police monitoring the protest.

B.C. suffers three more shootings

JEFF HODSON
Metro Canada

VIOLENCE Homicide investigators yesterday identified the 36-year-old woman gunned down in a targeted hit during a weekend of violence across B.C.'s Lower Mainland that included three shootings and a gunpoint abduction.

Laura Lynn Lamoureux was shot to death in the road at 5 a.m. Saturday in the city of Langley.

The shooting was the second of three over the weekend. In the most recent, a 29-year-old man walked into a gas station yesterday bleeding from his chest. Two days earlier, a man was shot several times.

Pakistan **Crisis brewing**

MOHSIN RAZA/REUTERS

An activist from Pakistani Islamist party Jamaat-e-Islami holds a bamboo stick as he scuffles with a policeman during a countrywide anti-government protest march in Lahore yesterday. A potential political crisis between the government and opposition parties worries the U.S. and U.K., since any chaos would help a Taliban and al-Qaida presence.

News in brief

DARFUR Canadian nurse Laura Archer and two other aid workers with Doctors Without Borders who were kidnapped in Darfur have been released, a government official said Saturday. The development came three days after gunmen seized the workers from their office.

CBC NEWS ONLINE

News in brief

SHOOTING A Cuban immigrant shot and killed four people, including his estranged wife, before taking his own life early yesterday in Miami, police and local media said. A sergeant with the Miami Police Department's homicide division who declined to give his name said the man, wielding a semi-automatic handgun, shot his victims inside a house in the city's Little Havana district shortly after midnight.

ADOPTION Two U.S. couples pleaded not guilty on Saturday to charges of buying babies in Egypt for illegal adoption, a lawyer and judicial sources said. "They all said they are not guilty," said Sameh Ahmed Saleh, a lawyer for Louis Andros and Iris Botros, one of the couples. The judge ordered the trial to begin on May 16, he said. **REUTERS**

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Comment & Views

Comment

Peace comes from being, not from having

HineSight

Anne Hines

metronews.ca/hinesight

This column concludes my four-part humour series on the economic crisis. Not that there isn't more to say about it, but when I realized I can no longer afford my cable TV package, the recession just stopped being as funny as I'd hoped.

So today, I leave you with some words of encouragement.

When it comes to any challenging life issue, we need to ask ourselves, "What's the worst that could happen?"

The answer is always this: "The Earth could burst into a huge flaming fireball and we could all die horribly."

Now ask: "Is the current financial downturn likely to cause that?" Of course not. It will only feel like it. There, doesn't it all seem better already?

Having concluded the worst isn't possible … or well, likely, we can steel ourselves for dealing with a "not quite so bad as actual death" scenario.

The way I help myself get through difficult times is to consult people wiser than myself.

Fortunately, such people are not hard to find.

Usually, what these sages offer is simple, basic, sensible advice. The kind of advice my mother gives. They just don't follow it up with, "And if you'd sat up straight at the dinner table, none of this would be happening." It makes all the difference.

Riding the **Recession**

Here we go, "You have nothing to fear but fear itself."

You see? We have only fear to fear. Well, that and ending up living in the dumpster behind the local Sobeys.

I fear that for sure. Oh, and never knowing the pleasure of proper dental hygiene ever again.

I fear that. So those things and fear itself.

Actually this quote is not making me feel any better.

"A penny saved is a penny earned."

Having checked my most recent RRSP statement I can tell you that this is not the case.

Apparently, in fact, "A penny saved is a penny sucked into the black hole of our tanking economy."

Has a nice ring to it though, doesn't it?

Finally from author Henry Miller. Miller insisted that happiness lies in pursuing wine, women, song and avoiding riches.

He blew his royalties on said wine and women (the singing was free), ending up living in a hut on Malibu beach.

This, in the 1950s, was the Californian equivalent of a dumpster behind the Sobeys.

Miller famously said, "If there is to be any peace it will come through being, not having."

In bad times and good, this gives me hope.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Don't blame Calgary Transit for missed trains

InTransit

Chris Phalen

metronews.ca/phalen

There is a shared story that could be told a thousand times among regular C-Train users.

It's the story beginning with train spotting from a block away and a jaywalking mad dash to the LRT platform to catch it.

Usually the inevitability of being a split-second late leaves you arms-up defeated and hopelessly perusing the empty platform, glaring at the operator as he smugly shrugs his shoulders and silently whisks away.

It's not his fault, however.

And although easy to blame, the operator is unfairly getting eyefuls of bad vibes from fuming riders who are unclear about the technical side of C-Train door operation.

Ron Collins, the communication manager at Calgary Transit, says it shouldn't even be an issue because the operators have absolutely no control over how long doors stay ajar.

"The doors are activated when the trains stop and are open for 18 seconds, if you're late, too bad; it is what it is," says Collins briskly.

But it is so easy to blame public servants, and jaded commuters like Michele Jacobson, who recently voiced her complaint to Transit officials in hopes of retribution, on the C-Train operator's inability to prolong the 18-second window of potential warmth and comfort.

She was, in her words, "curtly" brushed aside.

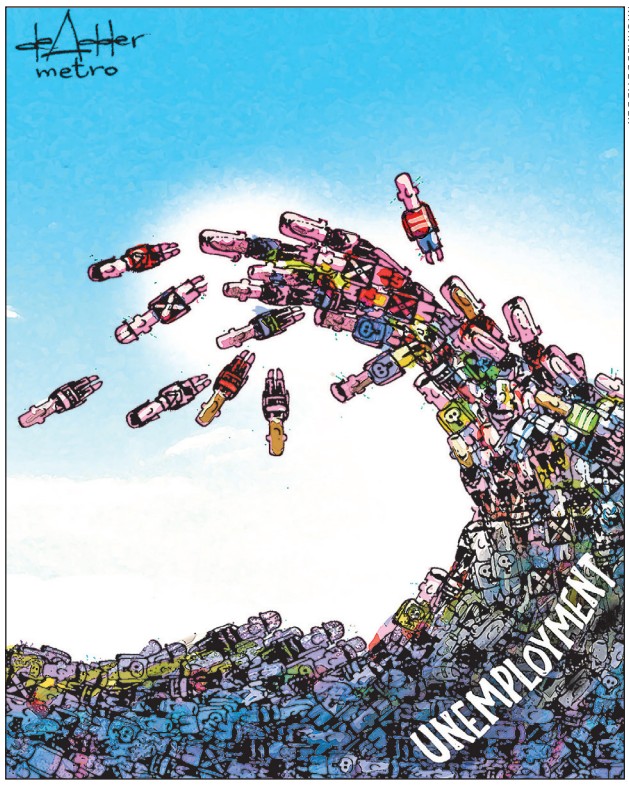
"How much more are we being asked to pay to be left behind in the cold, and to be treated with total indifference when we voice our concerns?" asked Jacobson.

Personally, I think this whole split-second late normality is commonly a fleeting frustration for most.

Simply, if you can't mosey up to the ramp fast enough you're going to be waiting and operators shouldn't be made accountable for it.

While frustrating, for sure, there isn't a light rail transit system in Canada that doesn't adhere to some sort of schedule or safety issue; and whether a literal one-second or five-minutes late for a train, it's all the same in the eyes and policies of Calgary Transit.

Chris Phalen has contributed to Avenue magazine, the Prince Albert Daily Herald, the Globe and Mail and various magazines; calgaryletters@metronews.ca.



MICHAEL DE ADDER

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Going Green

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Finding the perfect fit

Eco-friendly fabrics centre around organic cotton

EarthTones

We were asked to write an article about eco-friendly clothing. Us? An article on fashion? One of us, not naming names, is lucky if his socks match when he goes to work. So rather than focusing on the vogue of eco-friendly, we thought we might talk about the fabrics of eco-friendly.

The debate about eco-friendly fabrics is actually pretty ancient, and began quite accidentally when the first stone-age comedian responded to a heckler with, "Hey, nice shirt! How many mammoths did you have to kill for that?" Since then, choice of fabric has reflected attitudes toward resources.

We have seen many different "sustainable" fabrics, including those made from shredded pop bottles. Plastic fibres can actually make a pretty good, rugged substitute for fabrics like canvas, and is great for things like backpacks. However, it wouldn't make a great shirt. Bamboo and hemp fibres are also becoming more popular, and make good fabrics for clothing. However, the discussion around fabrics and eco-friendly fabrics really must centre around organic cotton.

In spite of growth in other plant fibres, cotton still provides about 50 per cent of all global fibre needs. Cotton is viewed as "natural" and, by many, preferable to synthetic fibres. However, traditional cotton is actually one of the most environmentally damaging agricultural products we grow, accounting for about 25 per of global insecticide use on about 2.5 per cent of cropland.

Discussions of organic farming generally raise some ambivalent feelings for us. While moving away from heavy reliance on pesticides and synthetic fertilizers sounds good, it can lead to significant reductions in crop yield. Compensating for the lost production requires more land and carries opportunity costs in use of agricultural land for other crops.

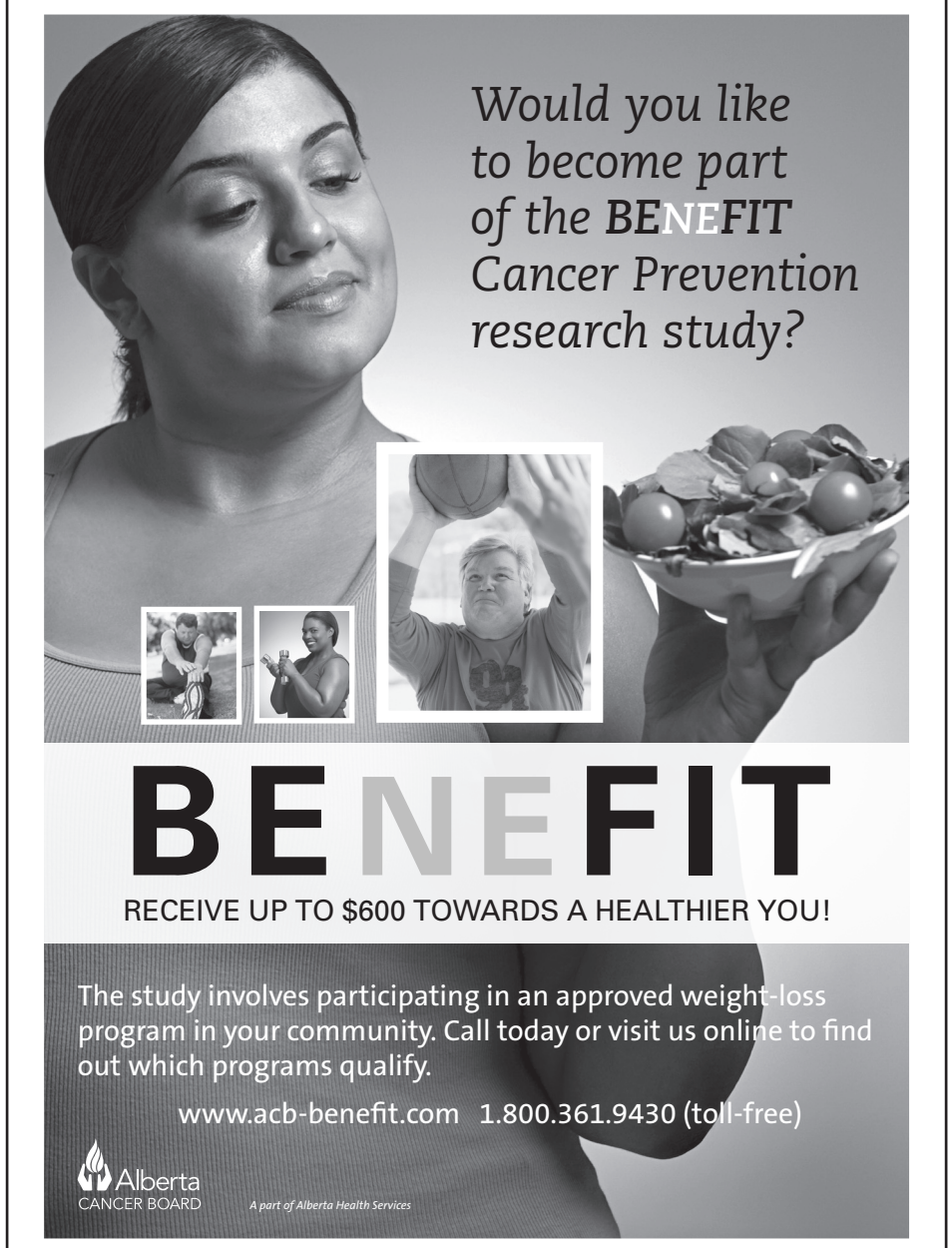
Organic cotton production may reduce yield, and frequently does relative to traditional cotton. However, a number of recent studies on organic cotton production have found that yield can be comparable.

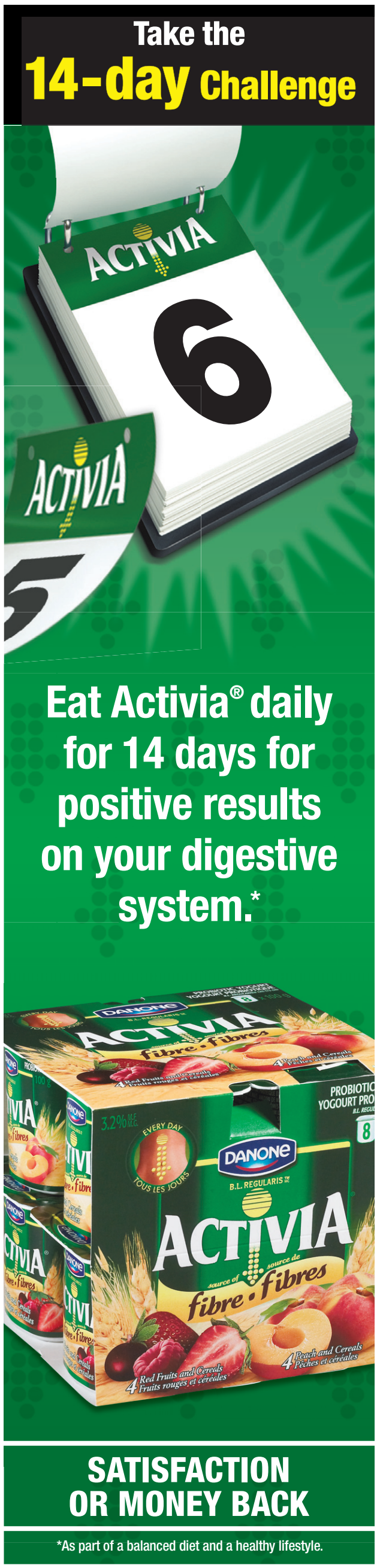
Typically, organic cotton uses animal manure as well as "green manure," a cover crop that is later tilled into the soil. When this cover crop is a food crop, this added benefit can actually improve the efficiency of land use. From a financial consideration, revenue from food production coupled with decreased expenditures on pesticides and increased premiums for organic cotton can even compensate the grower for any reduced cotton production.

Of course, nothing good comes without a price. Without the use of insecticides, a common practice is the use of natural predators. In California, production of organic cotton may employ the release of green lacewing larvae, predaceous mites, and wasps to reduce the populations of insects that damage cotton crops. This is probably the most damning aspect of organic cotton. The release of predaceous insects may have serious unintended consequences for beneficial insects as well.

While organic cotton may be better for the environment than traditional cotton, maybe it is time to become comfortable with being asked, "Hey buddy, how many nylons did you have to kill to make that shirt?"

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.





Gold for Canada
The Canadian trio of Kristina Groves, Christine Nesbitt and Brittany Schussler won gold in the women's team pursuit yesterday at the world singles distances speedskating championships. METRO NEWS SERVICES

Sports

Lucky 200 for Jasey Jay

Canada's Jasey-Jay Anderson captured a men's parallel giant slalom race yesterday in his 200th snowboard World Cup event. Anderson finished ahead of Austrian Benjamin Karl to capture the gold medal. Fellow Canadian Matthew Morrison finished eighth at the event in Spain despite racing with a broken wrist.
METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Sports in brief

NCAA The Big East conference dominated the top seeds for the NCAA Tournament, garnering three of four spots as Louisville, Pittsburgh and Connecticut and North Carolina were bracketed as top seeds.
METRO NEWS SERVICES

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Two in a row for Alberta

LAURENCE HEINEN
for Metro Calgary

Kevin Martin captured his second straight Tim Hortons Brier in front of a partisan home crowd of 12,929 fans at the Pengrowth Saddledome last night.

"Man, that was a lot of fun today," said Martin shortly after skipping his rink to a 10-4 win over Manitoba. "When you have the crowd behind you, it really helps you."

Martin, who boasted a Brier-record 97 per cent rating in the final, counted three in both the second and fourth ends and Manitoba's Jeff Stoughton couldn't overcome that early 6-1 deficit.

"We missed a couple draws early and they made some great ones," Stoughton said.

REUTERS/CANADA SPORT CURLING

Kevin Martin reacts in the fourth end last night.

With the win, Martin and his rink of third John Morris, second Marc Kennedy and lead Ben Hebert qualified for the 2009 Ford World Men's Curling Championship in Moncton, N.B., from April 3-12.

"They had a great week, they're a great team and they'll do us proud representing Canada in Moncton," Stoughton said.

Martin will be going for his second straight title after skipping Canada to victory at last year's event in Grand Forks, N.D.

The win wrapped up a dominating week by Martin, as he guided his rink to a perfect 11-0 record in the preliminary round before edging Ontario's Glenn Howard 7-6 on Friday night to advance straight to yesterday's final.

Martin also went undefeated last year in Winnipeg and has now won an impressive 26 straight games at the event, another Brier record.

"That's really hard to believe, for sure, especially with this type of field," Martin said.

Total attendance for the nine-day event was 246,126, good for third behind Edmonton's 2005 Brier record of 281,985 and Saskatoon's 248,793 in 2000.

Carleton back on top in CIS hoops

CIS All year long the Carleton Ravens had been regarded as the No. 1 men's basketball team in the CIS, but yesterday afternoon they made it official. The dream season had a happy ending for the Ravens, who defeated the University of British Columbia Thunderbirds 87-77 in the final game of the 2009 CIS Men's Basketball Championships at Scotiabank Place in Ottawa. The Ravens have now won six of the last seven CIS titles, but this was their first title win in front of a hometown crowd.

UBC defeated the University of Calgary Dinos, their Canada West Conference rivals, in semifinal action Saturday. METRO NEWS SERVICES

For more sports coverage visit:
metronews.ca

*Base MSRP of $18,260/$23,335/$24,835 for new 2009 Jetta City / Jetta 2.5 / Jetta Wagon with manual transmission. Freight and PDI of $1,360 included. License, insurance, registration, any dealer or other charges, options, and applicable taxes are extra. Dealer may sell for less. MSRP of new 2009 Jetta City as shown with Siata accessory wheels is $20,528. MSRP of new 2009 Jetta 2.5 as shown with options and accessories is $24,670. MSRP of new 2009 Jetta Wagon Highline as shown is $31,158. **Limited time finance offer available through Volkswagen Finance, on approved credit. 0% financing available on new 2009 Jetta City / Jetta 2.5 / Jetta Wagon gas models only. MSRP of $18,260/$23,335/$24,835 for new 2009 Jetta City / Jetta 2.5 / Jetta Wagon financed at 0% APR for up to 36 months equals $508/$649/$690 per month. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $0 for a total obligation of $18,260/$23,335/$24,835. Freight and PDI of $1,360 included. PPSA, license, insurance, registration, dealer charges, options, and applicable taxes are extra. Dealer may sell for less. Offer ends March 31, 2009 and is subject to change or cancellation without notice. Dealer order/trade may be necessary. Supplies are limited. See dealer or visit vw.ca for details. †For more information see GreenCar.com. ††Up to $750 rebate for recent college or university graduates. Certain conditions apply. "Volkswagen", the Volkswagen logo and "Jetta" are registered trademarks of Volkswagen AG. "TDI Clean Diesel", "Das Auto & Design" and "Jetta City" are trademarks of Volkswagen AG. "Green Car Journal" and "Green Car of the Year" are registered trademarks of R. J. Cogan Specialty Publications Group, Inc. © 2009 Volkswagen Canada.

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Global forum seeks to avert water crisis
Government ministers from 120 countries, scientists and campaigners will meet in Istanbul, Turkey, this week to discuss how to avert a global water crisis and ease tensions between states fighting over rivers, lakes and glaciers. **REUTERS**

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Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

83,000 jobs vanish

February declines push jobless rate to 7.7%

Canada's deepening recession claimed another 83,000 jobs last month, pushing the unemployment rate up half a percentage point to 7.7 per cent and offering more grim evidence that the global economic storm is bearing down with full force.

On the heels of a massive contraction of 129,000 positions in January, February marked the fourth straight month of employment declines and brought total job losses to 295,000 since October's peak. The national jobless rate now stands almost two percentage points higher than at the start of 2008, and is at its highest level since 2003. Forecasters expect it to continue rising rapidly, with economists at the TD Bank saying this week unemployment will hit 10 per cent by the end of the year.

"The Canadian downturn is actually now accelerating at a more rapid pace than in the U.S." Derek Holt, Scotia Capital Economics

The unemployment report, along with other indicators, "are suggesting that the Canadian downturn is actually now accelerating at a more rapid pace than in the U.S., and that wasn't supposed to happen," said Derek Holt, vice-president of Scotia Capital Economics. **TORSTAR NEWS SERVICE**

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Popularity impacts earning power
New research from U.K.-based Essex University adds to growing evidence that social skills are essential to success later on in life.
The study found that for each extra friend a student had in school, their salary 35 years later was two per cent higher. METRO NEWS SERVICES

Workology

Trent honours five

Trent University in Peterborough, Ont., announced recently that fresh water specialist Maude Barlow, actress and director Sarah Polley, the Honourable Iona Campagnolo, Aboriginal activist Tom Porter and artist Mary Pratt will receive honorary degrees at convocation ceremonies this June. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Picking nits and healing hearts

OddJobs

Diane Peters

Metronews.ca/oddjobs

As a child, Dawn Mucci had the kind of long, thick hair that lice just loved. She got so many infestations her classmates nicknamed her Dirty Dawn.

The memory of the taunts and the horrible smelling chemicals her dad put on her hair came back when Mucci's son came home with lice one day in 1999. The Toronto mom had a really hard time getting rid of it, and then got it herself.

Mucci went in a mission to find a chemical-free way to get rid of the vermin. By chance, she was thinking of changing jobs at the time (she was managing a health and wellness store) and went to a job bank. She saw a posting for a nit picker there.

The woman running the company was doing manual lice removal and needed more staff. "Look, you've got to help me first and then I'll work for you," said Mucci.

Four months later, Mucci was managing the company. After a year, her boss called from a vacation in Hawaii saying she wasn't coming back.

She launched Lice Squad in 2000 and was busy right away through word-of-mouth. Before long, she was getting calls from outside the Toronto area. She began franchising her concept in 2001: "This is something anyone can do, if taught properly."

When Mucci, now 39 and relocated to Innisfil, Ont., gets a call from a client, usually a distressed parent, she shows up at their door with an unmarked car (staff have stickers, but they take them off when doing home visits) within one to three days.

She spends a lot of time talking to the client, educating them about lice (who love clean hair, by the way). She pulls out her gear, including lights, goggles, tweezers and lice comb. Mucci and her franchisees and staff follow a special seven-step process that involves identifying lice, killing the vermin and manual removal of bugs and eggs.

Previously trained in aromatherapy, Mucci has developed a full line of natural hair products made with natural ingredients such as lemon and lavender. She uses some of her concoctions during an extraction, which takes about two hours on average, and offers up a products for clients to buy as well.

Since the bugs themselves don't bother Mucci (and she's never gotten lice again — she and her staff follow strict cleanliness protocol), for her the job is all about the people she meets and helps.

"It truly is meaningful work. People are feeling very isolated and ostracized and they're very grateful."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

"It truly is meaningful work. People are feeling very isolated and ostracized and they're very grateful."
Lice Squad owner Dawn Mucci

The Lowdown

Job title: Nit picker

Salary: $60 an hour

Education: On-the-job training

Best part of the job: "Meeting all the people and being able to help them."

Worst part of the job: "You see some pretty horrible cases. You have to have a thick skin. We work for children's agencies too and we go into situations that are heartbreaking."

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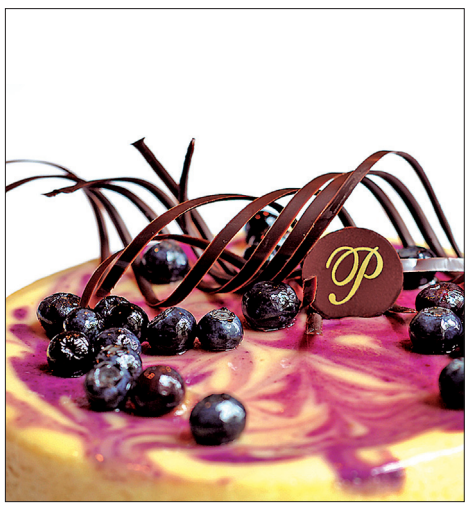
Lethbridge College seeks municipal funding for student housing
Lethbridge College has asked city council to pitch in $2 million towards a proposed 107-bed residence project that would help address Lethbridge's affordable housing shortage. METRO NEWS SERVICES

Career Shift

Looking for a culinary career?

RAFAEL BRUSILOW
for Metro Canada



The Pacific Institute of Culinary Arts offers full-time, six-month programs in either culinary arts or baking and pastry making with a strong hands-on approach.

Always had a way with food but never thought of making a career out of it? It might be time to trade in your suit and tie for the chef's jacket and hat.

When one career ends, it's only natural to think that your next one should be even more enticing than the last and a career in the culinary arts can be a dream come true for people who love food.

Tim Ellison, manager of special programs at the Pacific Institute of Culinary Arts in Vancouver, says more closet kitchenophiles than ever are realizing their talents and passion for food can lead to a very rewarding and successful career in the hospitality industry.

"We're seeing students who are older and either their industries are sunset industries or they're feeling unrewarded in their work. People are interested in a career change — they're tired of just plugging away or putting in time for a paycheque," Ellison said.

The Pacific Institute offers full-time, six-month programs in either culinary arts or baking and pastry making with a strong hands-on approach: For the first three months students learn in-class skills while the final three are spent exclusively working in the on-site restaurant creating food for actual paying customers. Students can apply that on-the-job time as credit against an apprenticeship program with a real employer. With the Olympics set to arrive in 2010, businesses have been scrambling to hire as many culinary grads as they can find.

"Virtually 100 per cent of our graduates are absorbed into the industry almost immediately. Head chefs come down with their hiring directors and poach students directly from class," Ellison said.

With class sizes capped at about 15 students, the focus is on giving students as much one-on-one time with the instructor and opportunity to cook as possible.

"You can't hide and you can't get lost. At some schools you cook one steak in one sitting — here you'll cook 40. It's about giving students the opportunity to practise through habit to develop experience," Ellison said.

The school also offers a weekend course in restaurant operations management and Ellison says enrolment in the program has ballooned recently with business people, many recently laid off or planning to leave their jobs and deciding to finally trade their electronic Blackberries for real ones, fresh from the field.

If you've always had an appetite for antipasto or a knack for knackwurst, a culinary career might just be right for you.

"Eating and drinking is something you're going to do every day, so you might as well do it well."

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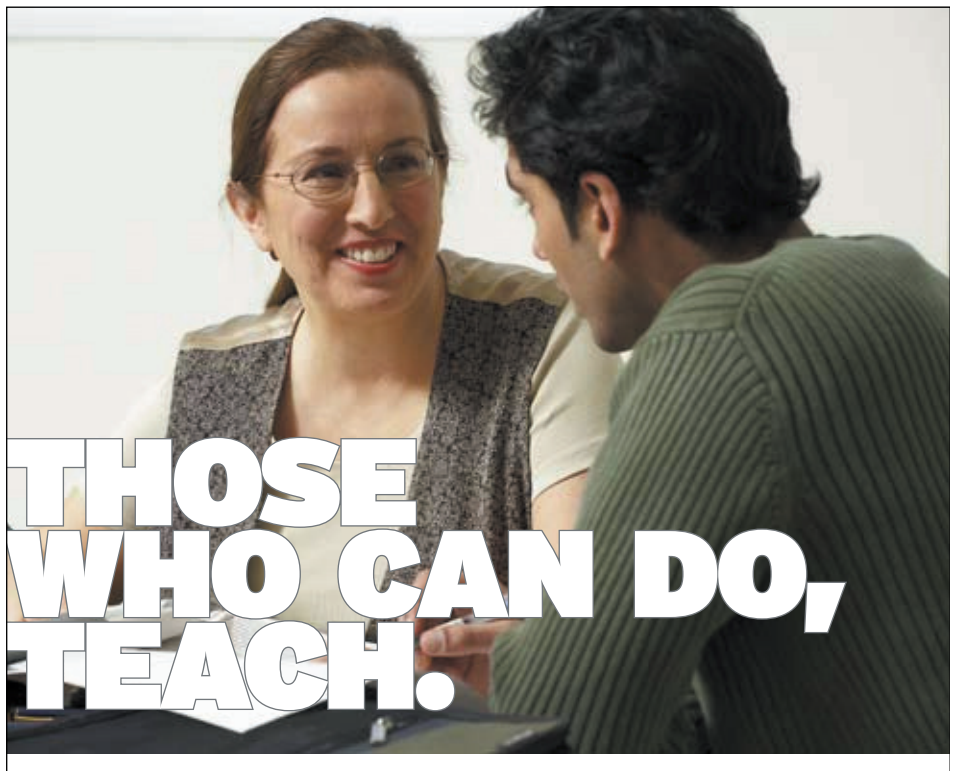

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Slumdog actress could be next Bond girl

Freida Pinto, star of Slumdog Millionaire, has reportedly been approached by Barbara Broccoli, producer of the James Bond films, to do a screen test opposite Daniel Craig for the next 007 film, according to the U.K.'s Sun newspaper. **PEOPLE.COM**

Entertainment

Dating denial

Britney Spears is not seeing her agent Jason Trawick, says a source close to Spears. "They are absolutely, 100 per cent not dating," says the source. "He is her agent, and that is it." USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

In brief

WEEKEND BOX OFFICE

1. Race to Witch Mountain, $25 million US
2. Watchmen, $18.1 million
3. The Last House on the Left, $14.7 million
4. Taken, $6.7 million
5. Madea Goes to Jail, $5.1 million
6. Slumdog Millionaire, $5 million
7. Paul Blart: Mall Cop, $7.1 million
8. He's Just Not That Into You, $2.9 million
9. Coraline, $2.7 million
10. Miss March, $2.3 million

REUTERS

Knowing the near future

STEVE GOW
for Metro Canada

You might call this the Year of the Catastrophe. Now I don't intend to sound morbidly pessimistic but with the dwindling economy and a mass of overwhelming global issues, it's sadly a notion that may cut close to the bone for some.

More so, with a handful of bleak films coming out this year (including Friday's release of Knowing) it would seem Hollywood filmmakers aren't holding out much hope either. Or are they?

"I feel like we're in a period of history when we're never really sure where the bad stuff is going to come from," said Knowing director Alex Proyas during a recent interview in New York.

"Whenever a horrible event happens, it seems to take us all by surprise and we reel in horror but we're also aghast at the fact we didn't see it coming. I think the movie is very much a product of its time."

Starring Nicolas Cage as a professor who discovers a document that appears to predict every major disaster of the past five decades, the mystery of the scripture unfolds when he suspects the final clue points to what might be the end of the world.

Knowing stars Nicolas Cage as a professor who discovers a document that appears to predict major disasters.

"We're living in stressful times — global warming, tensions between countries — all these things are very present right now," admitted Cage.

Knowing does not stand alone in 2009 among provocative films steeped in bleak premonitions either. Roland Emmerich's apocalyptic thriller 2012; the dreary drama The Road and even Terminator: Salvation are all soon-to-be-released chronicles of a grim near-future.

In such a recessive climate however, it is still to be determined how the public will accept this new trend — a concern not lost on the star of Knowing.

"Personally, I don't have a problem with escapist entertainment," said Cage. "I think it's good for you and I want to contribute in that but I also want to make movies that can hopefully get you talking afterwards and have some interesting conversations about the big questions."

In theatres

- Knowing opens in theatres this Friday

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CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
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	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Comedy Fest	Comedy Fest.	CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Heroes (HDTV)		House "Here Kitty" (N)		24 (HDTV PA) (N)		News Hour
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	119	705	9 CBXFT	Virginie (SC)	La Petite vie	L'Auberge du chien noir (SC)		Les Boys (SC)	Tout sur moi	Le Téléjournal et Les Nou		Le Galala
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	-	372	12 KREM	News (N)	Hollywood	The Doctors		Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami (N)
	-	374	14 KSPS	NewsHour With Jim Lehrer		As Time Goes By Reunion Special				Celtic Woman: The Greatest Journey		
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	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Chuck (HDTV)		Heroes (HDTV)		Medium
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news	500	500	29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	Basketball	SportsCentre		That's Hockey!	SportsCentre	In This Corner	Boxing Nate Campbell vs. Ali Funeka.		
	408	418	27 net	(6) Baseball World Classic -- Teams TBA. (HDTV) (Live)				Baseball World Classic -- Teams TBA. From PETCO Park in San Diego.				
	410	403	30 SCORE	(7:15) WWE Monday Night Raw				(9:15) Score Tonight		WWE Monday Night Raw		
	411	457	44 OLN	Mantracker		Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter
	417	406	48 SPEED	SuperCars	SuperCars	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR		SuperCars
family	552	543	20 YTV	March Break	March Break	Karaoke Star Junior		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach
	557	541	39 FAM	Han. Montana	Sonny Chance	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545	67 TOON	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Karaoke Star Junior		Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Snoop Father	Snoop Father	The Soup (N)	How I Met	'Til Death	Engagement	News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	How Clean	Kim	Love It or List It		Dollars-Sense
	521	560	24 TLC	Jon & Kate	Jon & Kate	Twins, Twins & Sextuplets		Little People	Little People	Jon & Kate	Jon & Kate	Twins, Twins
	603	561	25 FOOD	Food Detective	Road Tasted	Hell's Kitchen		Chef School	Chef School	Challenge		Food Detective
	615	520	26 A&E	Intervention "Sandy" (N)		Paranormal	Paranormal	Paranormal	Paranormal	Intervention "Brad"		Intervention
	617	522	32 SHOW	Wife Swap		The Outer Limits		Cashing In	Kink in Hair	Kenny-Spenny	Kenny-Spenny	Name Is Earl
	601	562	33 SLICE	Wedding SOS	Wedding SOS	Project Runway Canada		ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633	34 ENC2	*Lulu-Bridge*	(7:20) *Uncut Gem* ★★ (1989, Suspense)			*Against All Odds* ★★★ (1984, Crime Drama) Rachel Ward.				*Mad Dog-Glory*
	520	505	35 DISC	Dirty Jobs		Explosions Gone Wrong		Daily Planet		Dirty Jobs		Explosions
	620	523	36 BRAVO	Yo-Yo Ma: The Making of Songs of Joy & Peace				Law & Order		Without a Trace		*Citizen X*
	294	650	40 WPCH	(6) *Men in Black* (1997)		Steve Harvey	Seinfeld	Family Guy	Family Guy	*Men in Black* ★★★ (1997, Comedy)		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Russell Brand
	-	539	42 TCM	*The Navigator*	*The Brain That Wouldn't Die*		He Did-Didn't	(9:15) *Show Boat* ★★★★ (1936, Musical) (DVS)				*Frenzy*
	628	584	43 SPIKE	CSI: NY "Grand Master"		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: NY "Blink" (HDTV)		Disorderly
	522	516	45 HIST	Great Escape-Canadian Story		NCIS "Reveille"		Death or Canada Irish-famine migration.				NCIS
	627	528	46 SPACE	Lost		Sarah Connor Chronicles		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) *Batman* ★★ (1966, Action)			*Star Trek: Nemesis* ★★ (2002, Science Fiction) Patrick Stewart.					*In Line of Fire*
	619	525	49 TROP	What Happen?	Whatever	Vanity Insanity	Reality	Reality	E News	Ground Up		Smarter
	600	564	50 HGTV	Property Virgin	House Hunters	Ambrose Price	Petal Pushers	Holmes on Homes		Property Virgin	Income Prop.	House Hunters
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Berman's Call	Money Talks	Squeeze Play
	526	507	92 VIVA	Commander In Chief		Dollars-Sense	Lie Detective	Mediums	In Dreams	Judging Amy		Commander
	269	350	93 APTN	MYTV	The Mix	Miywayawin	Dancing-Spirit	Nedaa: Your Eye on the Yukon		Suaangan	Sharing Circle	Cowboy C'try
	-	-	94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	It Will Be Difficult to Love		Marimar		Pinoy-Entertain
	571	581	100 MMM	Don't Forget the Lyrics!		Don't Forget the Lyrics!		Where You At	Back In...Love	Party of Five "Pilot"		Don't Forget
	570	580	101 MM	Shot at Love-Tila Tequila		MuchNews	Video on Trial	MuchVibe		Shot at Love-Tila Tequila		MuchTopTens
	581	566	102 MTV	The Girls of Hedsor Hall		The City	City Live After	MTV Live	MTV News	Making the Band 4		The City

critics' corner

Castle
Castle and Beckett go around and around over the case of a nanny whose body is found tumbling inside the dryer of a laundry room in the apartment building where she worked. As the investigation unfolds, Castle tries to get inside Beckett's head while writing the first novel in his Nikki Heat series in "Nanny McDead." 8 PM on ACCESS; 11:02 PM on KXLY

House
House sets out to disprove the allegations of new patient Morgan, a nursing home worker who feigns illness after being visited by the facility's pet cat, which has an uncanny reputation for visiting people who are about to die. When Morgan genuinely falls ill, however, House must unravel what's behind the kitty's track record in the new episode "Here Kitty." 9 PM on CICT; KAYU

24
Last seen in the "24: Redemption" TV movie, malevolent genius Jonas Hodges emerges as Jack's latest adversary as the fight to avert more terror attacks continues. Cherry Jones, Bob Gunton, Colm Feore and Tony Almeida co-star in "9:00 PM-10:00 PM." 10 PM on CICT KAYU

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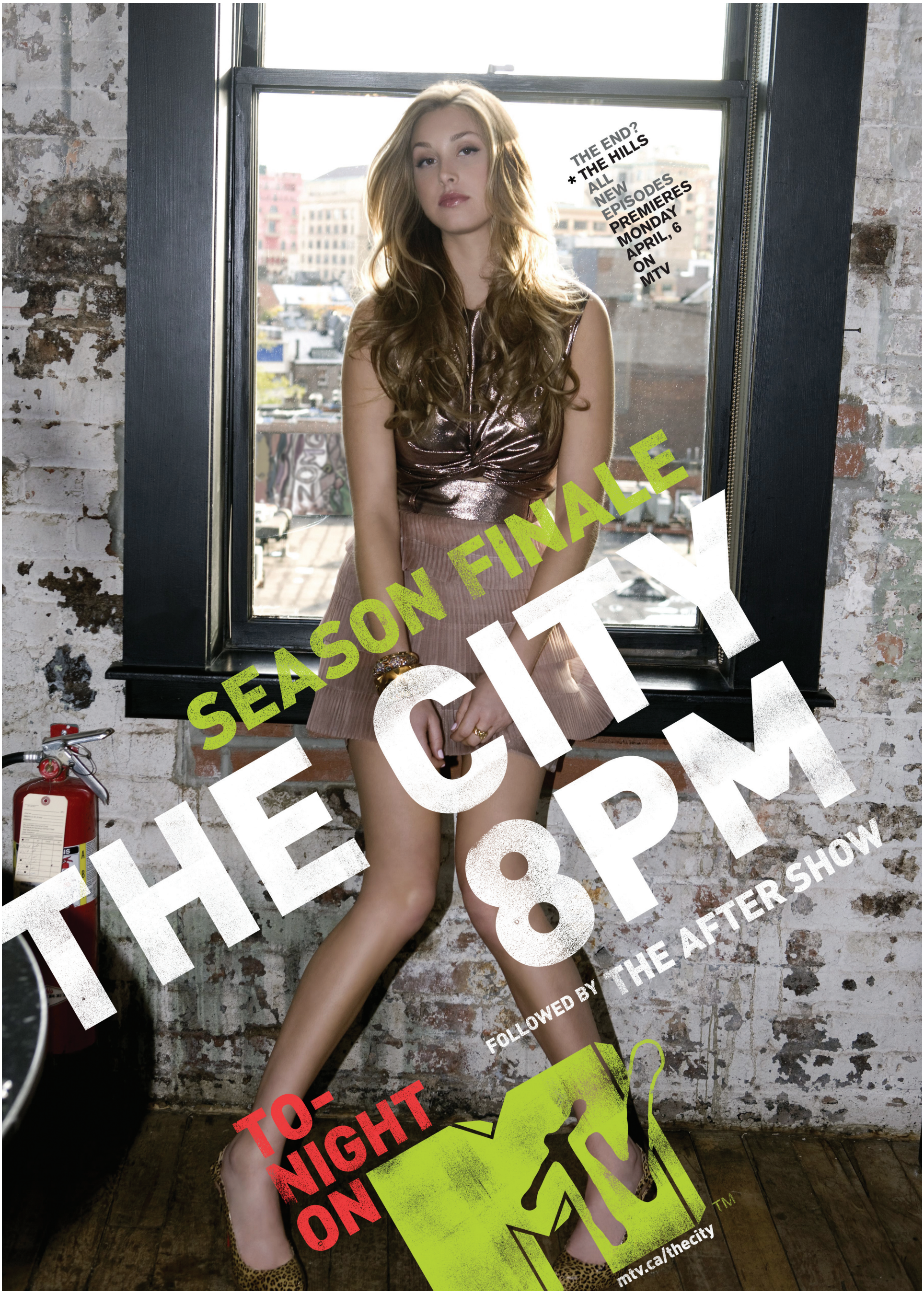
THE END?
* THE HILLS
ALL
NEW
EPISODES
PREMIERES
MONDAY
APRIL, 6
ON
MTV
SEASON FINALE
THE CITY
8PM
FOLLOWED BY THE AFTER SHOW
TO-
NIGHT
ON
mtv.ca/thecity
TM

Amicable breakup for Aniston, Mayer

How nasty is the breakup between Jennifer Aniston and John Mayer? Not nasty at all, according to eonline.com. "They're definitely broken up, but it was completely amicable," a source said. METRO NEWS SERVICES

Celebrity Buzz

Lohan's court case

MISUNDERSTANDING Lindsay Lohan's attorney says an arrest warrant issued for the actress Friday and stemming from a 2007 DUI conviction was "born out of a misunderstanding," people.com reports.

"Since her case was resolved, Ms. Lohan has been in compliance with all the terms and conditions of her probation and all orders of the court," her lawyer Shawn Chapman Holley said in a statement Saturday, referring to Lohan's 2007 conviction for driving under the influence. "The warrant issued on Friday was, in our view, born out of a misunderstanding which I am confident I can clear up next week."

A hearing for Lohan is set for Monday morning in a Beverly Hills court. "The judge apparently has indicated that Ms. Lohan should be in attendance," said L.A. DA spokeswoman Sandi Gibbons. Lohan, 22, is currently serving a three-year probation term for the DUI incident, the actress's second.

"We are not actively looking for Ms. Lohan at this time," Beverly Hills Police Lt. Mark Rosen said at a Saturday press conference. "We are not anticipating her surrender this weekend. But if she comes in contact with police, she's subject to arrest. As for why we're not actively looking for her, that's not our procedure for this type of warrant."

METRO NEWS SERVICES

Simpson reaches out to victims

PEOPLE Women who are in abusive relationships should "run so far away," Jessica Simpson advised at a concert in Phoenix on Thursday, usmagazine.com reports.

The 28-year-old singer — who has admitted she was in an abusive relationship — offered those words before belting out the ballad, Remember That.

"In love, we all go through a lot of things, and a lot of things unfortunately make us stay there (in the relationship)," she told the crowd at the Cricket Wireless Pavilion. "No matter what you go through in life, no matter what abuse you go through, take your heart and run so far away."

METRO NEWS SERVICE

Allen's legal action against paparazzi

CAREER Lily Allen isn't going to let a few run-ins with the paparazzi take away that smile, eonline.com reports. Late last week, the British songbird made tabloid headlines by throwing a haymaker and water bottle at a photographer who allegedly rear-ended her car.

Now the singer, who has spoken out before about being shutterbugged, is taking a more appropriate action, the website adds. She filed — and was granted — an injunction against the offending photographers.

"My client has faced constant harassment over the last few months from the paparazzi," Allen's lawyer, Mark Thomson, said in a statement.

METRO NEWS SERVICES

Phoenix is 'softie', Paltrow

PEOPLE Gwyneth Paltrow thinks Joaquin Phoenix is a "real softie," female-first.co.uk reports.

The 36-year-old actress stars alongside the troubled actor — who has been acting increasingly erratic recently and is sporting a large unkempt beard — in upcoming film Two Lovers and insists he isn't as eccentric as people think.

"He's a lovely, sensitive, kind person. It was interesting to watch him work. We work completely differently, totally opposite."

METRO NEWS SERVICES

Jackson set to release new music

CAREER Michael Jackson is set to thrill fans eagerly awaiting his comeback concerts by releasing new music before making his return to the stage, female-first.co.uk reports.

The Thriller star has announced plans to end his career hiatus with a series of live shows — dubbed This Is It — at London's O2 Arena in July.

At a press conference last week, the King Of Pop told the press he would be "performing songs the fans wanna hear" at his upcoming residency.

But the star may have to clear room on his concert setlist for new material — he is headed into the studio to record more music.

METRO NEWS SERVICES

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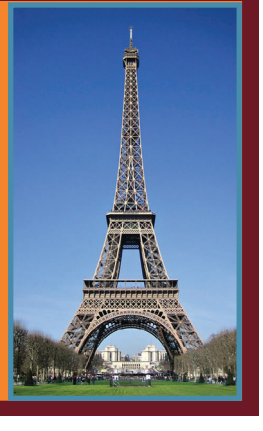

Rich Dad's Solution to the Economic Crisis on Wall Street

PROTECT Yourself & Even PROFIT In Today's Volatile Market

Now is NOT the time to rely on banks and brokers who get paid even when your portfolio tanks.

You need solid information that can help YOU TAKE CHARGE and PROTECT your own financial future.

RICH DAD HAS A PLAN – LISTEN TO HIM WHILE THERE'S STILL TIME

Robert Kiyosaki, author of the runaway bestseller ***Rich Dad Poor Dad***, saw this crash coming **six years ago**! He wrote about it in his book, ***Rich Dad's Prophecy***. That book not only said the biggest stock market crash in history was coming – it also outlined a **plan to prepare yourself and potentially profit from it**.

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- *Profit from Stock without Owning It*

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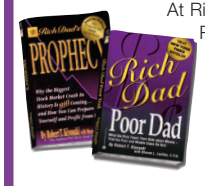

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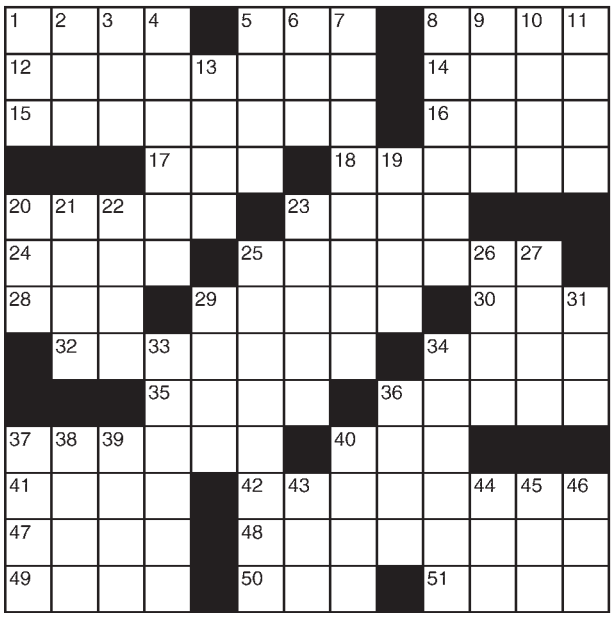
Robert Kiyosaki will not attend this workshop.

Today Partly cloudy 3 C / -6 C
Tuesday Partly cloudy 0 C / -8 C
Wednesday Partly cloudy 4 C / -8 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Crossword across

1 Impresses greatly
5 Youngster in a cave
8 White-glove discovery
12 Fish with a prehensile tail
14 Norway's capital
15 Lima bein'?
16 Paper quantity
17 Vat
18 Heavy hammer
20 Photo book
23 Fraud
24 Hen pen
25 G.B.S. devotee
28 Right angle
29 Island farewell
30 Shelter from the storm
32 Riga resident
34 Barrel
35 Denomination
36 Flavour
37 Current measure
40 Supporting
41 Laugh-a-minute
42 Flood-related
47 Misfortunes
48 As one
49 Lotion additive
50 Baby food
51 Roy's wife

Crossword down

1 Venomous viper
2 Teeny
3 Listener
4 "Quiet!"
5 Nursery feature
6 Can. neighbor
7 Famed social-realist painter
8 Sound of Music song
9 Secondhand
10 Refuse
11 Big book
13 Egg
19 Volcano's outflow
20 Expert
21 Hang out in the hammock
22 Gaucho's weapon
23 Young hog
25 Cut into slivers
26 "Sad to say ..."
27 Egg container
29 State with conviction
31 — out a living
33 Dangerous fly
34 Chiseled
36 Racetrack adviser
37 Met melody
38 Pepper dispenser
39 Horseback game
40 Buy, renovate and sell quickly
43 — pinch
44 Greek mountain
45 Every last bit
46 "Science Guy" Bill

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	4	8				1	9	
			3		1			
1	7			9			2	3
		5	4		3	6		
7								2
		3	7		6	9		
4	5			6			7	9
			9		4			
	3	2				8	6	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

J	O	B	■	M	A	L	E	■
A	I	L	■	A	D	A	M	■
B	L	U	E	J	A	Y	S	■
■	■	E	W	O	K	■	■	S
F	I	B	E	R	■	E	T	C
O	D	O	R	■	S	C	R	A
N	E	O	■	S	O	L	O	N
T	A	K	E	A	W	A	Y	■
■	■	■	T	I	N	T	■	B
A	F	O	U	L	■	■	G	L
L	A	I	D	■	B	L	U	E
F	I	N	E	■	L	O	R	E
A	R	K	S	■	Y	O	U	D

■	R	S	V	P				
■	H	O	E	R				
■	Y	U	R	I				
■	S	T	R	A	M			
■	■	■	■	■	■			
E	T	C	H	■	■			
■	C	R	A	M	B	L	E	
■	L	E	E	■	■			
D	U	A	L	■	■			
■	B	E	E	F	Y			
G	L	E	N	■	■			
■	M	O	O	N	■			
■	T	A	B	■	■			
■	E	T	C	■	■			

8	9	6	4	2	1	7	5	3
4	3	2	5	6	7	8	1	9
5	7	1	8	9	3	4	6	2
3	8	9	7	4	5	1	2	6
7	1	4	6	3	2	5	9	8
2	6	5	1	8	9	3	7	4
6	2	7	3	1	4	9	8	5
9	5	3	2	7	8	6	4	1
1	4	8	9	5	6	2	3	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Grilled Jamaican Jerk Chicken

INGREDIENTS:
1 tbsp (15 ml) ground allspice
4 garlic cloves, minced
1 tbsp (15 ml) minced fresh ginger
1 large pickled jalapeno pepper, minced
¼ cup (50 ml) white wine vinegar
1½ tbsp (20 ml) light brown sugar
1½ tbsp (20 ml) olive oil
1¼ tsp (6 ml) black pepper
¾ tsp (4 ml) salt
4 boneless, skinless chicken breast halves
8 scallions
2 large red peppers, seeded and cut into 32 chunks
24 canned pineapple chunks (about 1½ cups/375 ml)

METHOD:
1. Combine allspice, garlic, ginger, jalapeno, vinegar, brown sugar, oil, black pepper and salt in large bowl. Measure out 2 tbsp (25 ml) of mixture and set aside. Add chicken to mixture remaining in bowl and turn to coat on all sides. Refrigerate 1 hour. (Don't leave chicken longer than 1 hour or ginger and vinegar will start to break down the fibre of chicken.)
2. Trim scallions, leaving just a small portion of tender green. Cut each scallion into 3 pieces.
3. Preheat broiler or grill to medium. On each of 8 long skewers, alternately thread 3 pieces of scallion, 4 pieces of pepper and 3 pieces of pineapple.
4. Lift chicken from marinade and place chicken on baking sheet or grill. Brush reserved 2 tbsp (25 ml) spice mixture over skewers and place on baking sheet or grill. Cook, turning chicken and skewers once, until chicken is cooked through and vegetables are crisp-tender, 5 to 10 minutes for skewers, 10 to 15 minutes for chicken.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Your charisma is a powerful attractor. Don't take any foolish chances. Shocking sounds will lead to benefits.

TAURUS ♉
APRIL 21-MAY 21
Subtle testing baffles those close to you. A superficial remark reveals oppressive obligations. Disbelief about principles fires you up.

GEMINI ♊
MAY 22-JUNE 21
A supervisor insists on rules being obeyed. Meet with a fiery playmate for a lucky break. Don't butt heads with a spoiled brat.

CANCER ♋
JUNE 22-JULY 22
A romantic fling with a moody person is likely. Correct your reaction to somebody's oversensitivity. Frenzied activities will encourage you.

LEO ♌
JULY 23-AUG 23
You'll find a mistake by accident. Be passionate, but carry on with the chores. Some people must always try harder to succeed.

VIRGO ♍
AUG 24-SEPT 22
A nonchalant stranger wants to meet with you. A money predicament is followed by an unexpected profit. You'll adapt to change at a moment's notice.

LIBRA ♎
SEPT 23-OCT 23
A cautious acquaintance assesses his life's progress. Attention-seekers need to get some work done. Help a friend realize the error of his ways.

SCORPIO ♏
OCT 24-NOV 22
The strong support of friends is found to be essential. Interest and flattery come your way. Unprofitable associations will anger you.

SAGITTARIUS ♐
NOV 23-DEC 21
A kind-hearted associate will act with firmness. Paranoid fantasies feed on unexpected adventures. Ponder on the sublime.

CAPRICORN ♑
DEC 22-JAN 20
A tasteless maverick is eye-catching. Take delight in your trials and tribulations. Tell an idiot how obnoxious he is.

AQUARIUS ♒
JAN 21-FEB 18
Answer all questions and banish doubts. Information you requested finally comes through. Come to grips with your next challenge.

PISCES ♓
FEB 19-MARCH 20
An outsider forces you to bite your tongue. It's fruitless to deny your true feelings. Rage rises when insecurities are exposed.

The Churchill Red Cross Cake Competition
Thursday, April 2nd, 2009
7:00pm - 9:30pm
Sir Winston Churchill High School
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